

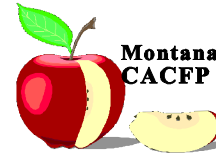
Menu Planning Resources

The Montana Child and Adult Care Food Program (CACFP)

<http://www.dphhs.state.mt.us/ccrd/>

Phone: (406) 444-4347

Toll free: (888) 307-9333



MT CACFP provides valuable tools to help providers with menu planning along with technical assistance and training.

- Family and group child care providers receive "*What's in a Meal.*"
- Child care centers receive both "*What's in a Meal*" and "*Crediting Foods in the Child and Adult Care Food Program.*"

The Child Care Nutrition Resource System

<http://www.nal.usda.gov/childcare/index.html>

This site provides recipes, resources, and information on preparing nutritious meals and food safety. Day care providers who participate in the CACFP will find this information useful. The Recipe Roundup section provides links to menu planning tools and recipes such as:

- *Child Care Recipes-Food for Health and Fun*
<http://www.nal.usda.gov/childcare/Recipes/childcare.html>
- *Food Family and Fun- A Seasonal Guide to Healthy Eating*
http://www.fns.usda.gov/tn/Students/Food_Family/index.html
- *A Toolkit for Healthy School Meals* (USDA recipes for serving 50)
http://www.nfsmi.org/Information/school_recipe_index_alpha.html
- School Nutrition Association Recipe Database-family sized healthy recipes
<http://docs.schoolnutrition.org/recipes/>
- *Building Blocks for Fun and Healthy Meals*
<http://www.fns.usda.gov/tn/Resources/blocksintro.pdf>
- 5 a Day Recipes-simple, colorful fruit and vegetable recipes from the National Cancer Institute
<http://www.5aday.gov/recipes/index.html>
- Recipes for Kids, from the National Network for Child Care
<http://www.nncc.org/Nutrition/recipe.kid.html>

The U.S. Department of Agriculture's (USDA) Food and Nutrition Service CACFP Publications

<http://www.fns.usda.gov/cnd/care/Publications/tools.htm>

This site provides tools and resources for teaching children about healthy eating. These resources will help you put together great tasting, nutritious meals and snacks that kids will enjoy. Access the following publications from this website:

- *Nibbles for Health* - Nutrition Newsletters for Parents of Young Children
- *Menu Magic for Children* - Menu Planning Guide for Child Care Homes
- *Making Nutrition Count for Children* - Nutrition Guidance for Child Care Homes
- *Mealtime Memos* and *What's Cooking* Fact sheets

USDA's Team Nutrition Program

<http://www.teamnutrition.usda.gov>

This agency can provide a variety of tools to create healthy meals and a pleasant eating environment, teach nutrition education, and support outreach efforts to parents. Check out the complete listing of Nutrition Education Resources for Childcare located here:

<http://teamnutrition.usda.gov/childcare.html>

- *Tickle Your Appetite for Child Care* is a fun, nutrition education kit for preschoolers. Ask your local CACFP sponsor about this resource. It is available on loan from MT Team Nutrition or for purchase from USDA Team Nutrition.



The National Food Service Management Institute

<http://www.nfsmi.org>

This site provides information on recipes, nutrition and food safety training for staff, and resources for child care providers. A list of child care specific resources and order form is available at <http://www.nfsmi.org/Information/childcarebrochure.pdf>

MasterCook Nutrition Program

<http://www.valusoft.com/products/mastercook.html>

An affordable nutrition and menu planning software program:

- Easy meal planning with 7,000+ recipes and expert nutritional analysis of each recipe
- Quickly search by ingredient, food type, cook time, and more
- Prepare and print shopping lists
- Prepare hundreds of recipes in less than 20 minutes